

PRINCE EDWARD ISLAND

SEAFOOD RETAIL DIRECTORY



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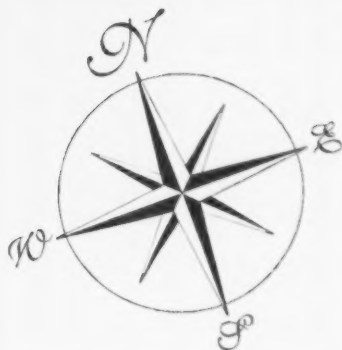
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*Prince
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CANADA

Fisheries, Aquaculture
and Rural Development



Prince Edward Island

Seafood Retail Directory



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and Rural Development

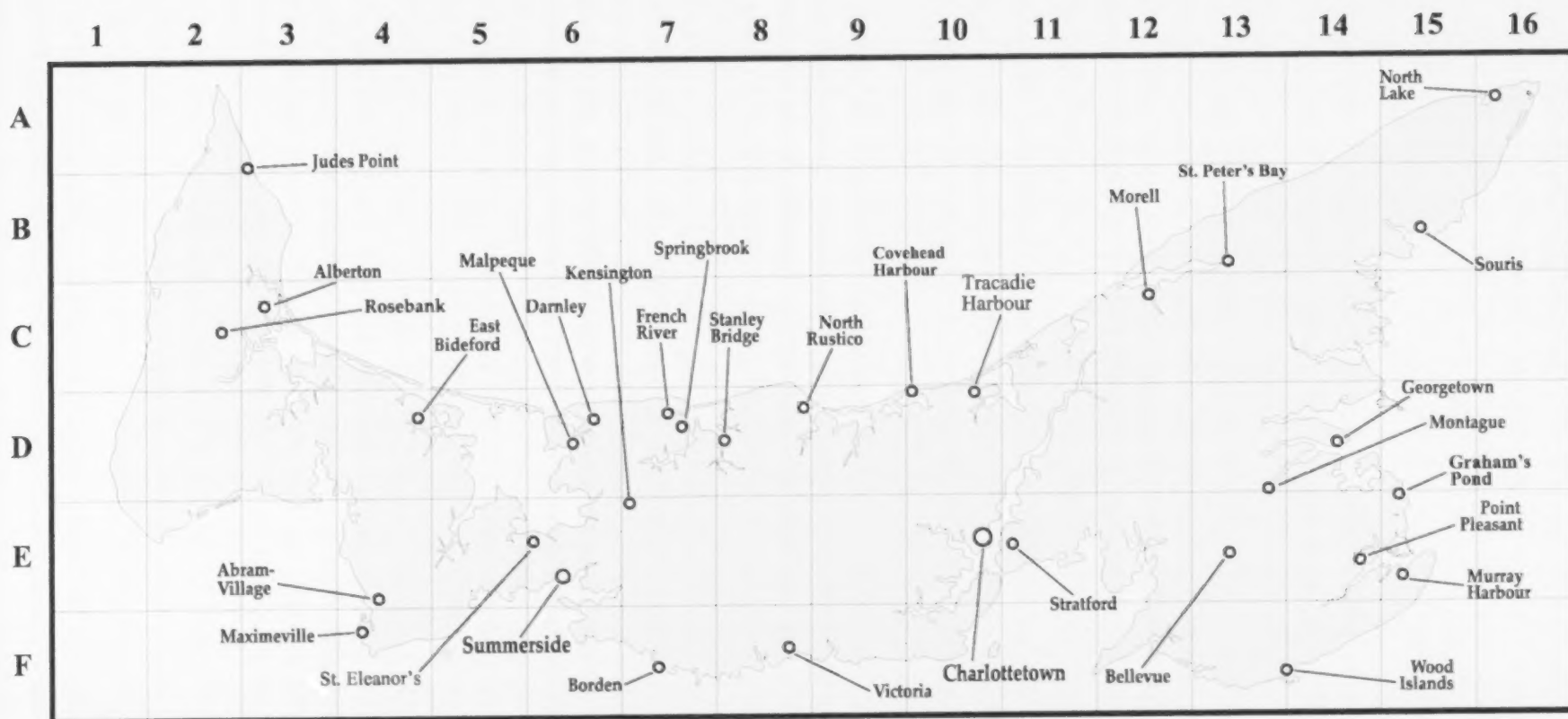


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This directory is published by the Prince Edward Island Department of Fisheries, Aquaculture and Rural Development.

The information has been supplied by participating companies and lists the name of each retail outlet along with its location, telephone number and products it has available. Each retail outlet is identified by a code which corresponds to the map found in the middle of the directory. Retail outlets who wish to be included in future directories may contact the department.

Fisheries, Aquaculture and Rural Development
PO Box 2000
Charlottetown, Prince Edward Island
Canada C1A 7N8
Tel: (902) 368-6330
Fax: (902) 368-5542
www.gov.pe.ca/fa/fard/

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A-3 Royal Star Foods Fish Mart
 Judes Point, Off Route #12, Tignish
 Open year-round
 Tel: (902) 882-5051 ext. 362
www.royalstarfoods.com
 Email: sales@royalstarfoods.com

A-16 Ocean Pride Fisheries Ltd.
 North Lake, 58 North Lake Harbour Road
 Tel: (902) 357-2572
☐ fresh cod, hake, mackerel, flounder, lobster, crab, dogfish, skate, monkfish and tuna

B-13 By the Bay Fish Mart
 St. Peter's Landing, St. Peter's
 Open May to October
 Tel: (902) 961-FISH (3474)
☐ live and cooked lobster, hake, cod, haddock, clams, mussels, halibut, salmon, scallops, snow crab and canned product.

B-13 Mussel King Shellfish Interpretive Centre
 St. Peters Landing, St. Peters
 Shellfish sales, mussel chowder and steamed mussels, clams and quahog takeout dinners. Also information and displays about the shellfish industry.
 Tel: (902) 961-2442 Fax: (902) 961-3366
 Email: esther@musselking.com
www.musselking.com
☐ mussels, soft-shells clams, bar clams, quahogs, oyster sales, mussel chowder and shellfish takeout dinners.

- B-15 Bergayle Fisheries Limited**
 1399 East Point Road, Souris RR #2
 Contact: Bernie Dixon
 Tel: (902) 687-2255 Fax: (902) 687-1660
☐ groundfish, live and cooked lobster, scallops,
 shrimp, mussels, oysters, salmon, hake, haddock,
 halibut, sole and crab
- B-15 Leo MacPhee's Fresh Fish**
 Souris Wharf
 Tel: (902) 687-4333
☐ live and cooked lobster
- B-15 MacPhee's SaveEasy**
 169 Main Street, Souris
 Tel: (902) 687-3113
☐ lobster, hake, cod, haddock, clams, mussels, sole,
 mackerel and scallops
- B-15 Souris Co-op**
 Main Street, Souris
 Tel: (902) 687-2723
☐ scallops, haddock, mussels and frozen lobster—fresh
 hake and cod—frozen sole, shrimp and haddock
- C-2 South Shore Seafoods Ltd.**
 6 Foy Road, Bloomfield, PE C0B 1E0
 Fish mart—retail—wholesale
 Five minutes from Mill River campground
 Tel/Fax: (902) 853-4052
☐ lobster
- C-3 Alberton Fisheries Ltd.**

Northport
 Tel: (902) 853-2848 Fax: (902) 853-3810
☐ lobster, snow crab, herring, mackerel, rock crab

- C-12 P.E.I. Mussel King Inc. (Plant)**
 Off Route #2 in Morell at Red Head Harbour
 Tel: (902) 961-3300
☐ fresh rope-cultured mussels and Malpeque Oysters™
- D-4 Leslie Hardy & Sons Ltd.**
 East Bideford
 Open May 15 to December 1, 8 am to 5 pm
 Oyster plant—*advance notice of group visits preferred*
 Tel: (902) 831-2577/3160
☐ oysters and quahaugs available for sale
- D-6 Malpeque Oyster Barn**
 Malpeque Harbour, Route #20 (Off Route #2)
 Tel: (902) 836-3999 Fax: (902) 836-3802
☐ 'world famous' Malpeque Oysters, Island Blue Mussels,
 cooked lobster, quahaugs, scallops, fresh fish
- D-6 Reuben's Fish Mart**
 Darnley Wharf, Route #20 (Off Route #2)
 Tel: (902) 836-3903
☐ clams, snow crab, cod, eels, flounder, hake, lobster,
 mackerel, mussels, oysters, scallops and smelts

D-7 L & C Fisheries Inc./Green Gables Mussels
French River, Route #20
Tel: (902) 886-2770 Fax: (902) 886-3003
☐ lobster live, fresh cooked and canned, shellfish and fresh fish

D-7 Prince Edward Aqua Farms Inc.
5891 Route 20, Springbrook, Kensington
Tel: (902) 886-2220 Fax: (902) 886-2335
www.peaqua.com
☐ rope cultured blue mussels, malpeque oysters, quahaugs, soft shell clams and scallops

D-8 Carr's Lobster Pound Ltd. & Wharfside Market
Stanley Bridge, Route #6
Tel: (902) 886-2716 Fax: (902) 886-2824
Will pack for travel
☐ fresh lobster, clams, scallops, mussels, quahaugs and fish in season—Malpeque Oysters™ year-round

D-8 Doiron Fisheries Ltd.
North Rustico, Off Route #6, on the wharf
Tel: (902) 963-2442
☐ lobster, crab, shrimp, clams, mussels, oysters, scallops and wide assortment of fish—smoked fish, canned lobster, mackerel, chowders and fresh fish

D-10 Richard's Seafood Inc.
Covehead Harbour (in National Park)
Tel: (902) 672-2376
☐ fresh lobster, mussels, oysters, clams, cod, hake, mackerel, sole and trout

D-10 Tracadie Bay Aqua Farms Inc.
Tracadie Harbour, Off Route #6
Tel: (902) 672-3429
☐ fresh cultivated mussels—*advance notice is appreciated*

D-13 Mariner Seafood Inc.
Central Street, Montague
Tel: (902) 838-2481
Email: sales@marinerseafoods.ca
☐ fresh lobster, scallops, herring and groundfish

D-13 Montague Superstore
509 Main St., Montague, PEI
Tel: (902) 838-5421 Fax: (902) 838-5036
☐ whole, steaked, filleted, fish, shellfish, frozen boxed seafood, cooked or live lobster, smoked and salted fish, dips, marinades and batters and pickled herring

D-13 Vuozzo's Lobster Pound
208 MacDonald Road, Brudenell, PEI
Tel: (902) 838-4934 / 838-3610 Fax: (902) 838-2535
☐ lobster, snow crab, mackerel, scallops, groundfish

D-14 Seafood 2000 Ltd.

10 Water Street, Georgetown

Tel: (902) 652-2316

- ❑ live, frozen or cooked lobster products

E-4 Acadian Fishermen's Co-op Association Ltd.

8323 Route 11, Wellington, PE C0B 2E0

(Located on Route 11)

Tel: (902) 854-2675 Fax: (902) 854-2140

Email: jeffm@acadianfishcoop.com

- ❑ full line of lobster products, canned bar clams, scallops, mackerel, herring, rock crab, etc.

E-6 Arsenault's Fish Mart

Holmans Wharf, Summerside, PE

Tel: (902) 436-7490 Fax: (902) 436-5632

- ❑ lobster (live and cooked), shellfish (in season)

E-6 Hal's Farmers Market

89 All Weather Highway (Route #2), St. Eleanors

Tel: (902) 436-5260

- ❑ lobster, mussels and oysters

E-6 JMK Fish Mart

Queen's Wharf, Summerside, PE

Tel: (902) 436-4378

- ❑ lobster (fresh and frozen), clams, mussels, oysters and quahaugs

E-6 Sobeys Inc.

County Fair Mall, 475 Granville St. North, Summerside

Tel: (902) 436-6675

- ❑ a wide selection of fresh, frozen, smoked and salted seafood

E-6 Summerside Superstore

535 Granville Street, Summerside, PE

Tel: (902) 888-1581 Fax: (902) 888-1590

- ❑ for all your fresh seafood needs see Christianna in the seafood section

E-10 Charlottetown Farmers Market

100 Belvedere Avenue, Charlottetown, PE

"Come for the Freshness and stay for the fun"

Hours: Saturday 9:00 am to 2:00 pm

Wednesday 9:00 am to 2:00 pm

Tel: (902) 626-3373

- ❑ fresh salmon, shellfish, lobster and ground fish fillets

E-10 Co-op Food Market

Spring Park Place, Queen Street, Charlottetown

Tel: (902) 894-8423

- ❑ a large variety of shellfish, fresh and smoked seafood available year-round

E-10 Lobster On The Wharf

2 Prince Street Wharf, Charlottetown

Our seafood market has a quality management program and is federally licensed by the Canadian Food Inspection Agency to ship across Canada. We also pack for personal travel. *Lobster On The Wharf* features a large indoor/outdoor restaurant on the premises.

Open daily, May through October

Tel: (902) 894-9311 (Seafood Market)

Tel: (902) 368-2888 (Seafood Restaurant)

www.lobsteronthewharf.com

- ❑ lobster (live or cooked), mussels, oysters, clams, scallops, crab, halibut, salmon, haddock and more

E-10 MR Seafoods

26A Thompson Drive, Charlottetown

Tel: (902) 388-1525 Fax: (902) 628-8359

Email: microse@pei.sympatico.ca

Website: mrcfoods.com

- ❑ lobster, hake, haddock, scallops, mussels, clams, mackerel, snow crab, salmon, cod

E-10 New Concept Sobeys' Store

400 University Avenue, Charlottetown

Open year-round.

Tel: (902) 626-3334

- ❑ excellent selection of fresh, frozen and smoked seafood

E-10 Queen Street Meat Market

368 University Avenue, Charlottetown

Open year-round. We will pack for travel or ship for you.

Tel: (902) 894-7336

Fax: (902) 894-7339

- ❑ lobster, salmon, scallops, mussels, clams, oysters, haddock, mackerel, herring, rainbow trout, salted fish

E-10 Sobeys

679 University Avenue, Charlottetown

Tel: (902) 566-3218

Open year-round.

- ❑ a wide selection of seafood—fresh, frozen and smoked

E-10 Superstore

Charlottetown Market, 465 University Ave.

Tel: (902) 569-2850

For all your seafood needs—we pack for travel.

- ❑ fresh sushi, mussels, clams, oysters, lobsters, salmon, whitefish, tilapia, etc. available all year-round

E-10 True North Salmon (AFS)

17 Walker Drive, Charlottetown

Tel: (902) 894-7005

- ❑ smoked seafood and specialty products

E-10 Water Prince Corner Shop

141 Water Street, Charlottetown

Seafood Restaurant and Lobster Pound

Seafood packed for travel—air pack service

Tel: (902) 368-3212 Fax: (902) 892-8193

Email: fish_waterprince@pei.aibn.com

www.waterprincelobster.ca

- ❑ fresh lobster, clams, mussels, oysters, scallops, fresh fish—salmon, halibut and sole—canned and frozen seafood products also available

E-10 West Royalty Superstore

Charlottetown Mall Parking Lot, 680 University Avenue

Tel: (902) 368-8163

- ❑ for the freshest seafood: mussels, lobster, haddock, sole, cod, smoked salmon, etc.

E-11 Sobeys Stratford

9 Kinlock Road, Stratford

Open Monday to Saturday, 8:00 am to 10 pm

Open Sundays (May 20 to Dec 30), Noon to 6 pm

Tel: (902) 894-3800

Fax: (902) 894-7199

- ❑ a large variety of fresh, frozen and smoked seafood

E-13 Ben's Lake

Bellevue, Route #24

Open year-round.

Tel: (902) 838-2706

- ❑ fresh rainbow trout, catch and purchase, or purchase only

E-15 Machon Point Fishermen's Co-op

Murray Harbour, Off Route #18

Tel: (902) 962-3266 Fax: (902) 962-2449

- ❑ fresh lobster, scallops, herring, rock crab and bar clams

F-7 Captain Cooke's Seafood

Trans Canada Hwy., Borden-Carleton

Whether you are planning a meal or travelling by, we can provide all of your seafood requirements. We pack for travel.

Tel: (902) 437-3620

- ❑ fresh and frozen seafood including fresh cooked lobster, fresh fish fillets (haddock, hake, cod, salmon, sole and more), scallops, snow crab, mussels, oysters, quahogs and soft shell clams

F-8 Ocean Choice (International) Inc.

(Retail Outlet, Victoria)

PO Box 36, Crapaud, PE C0A 1J0

Tel: (902) 658-3045 / 658-2361 Fax: (902) 658-2235

Email: morningstar@oceanchoice.com

- ❑ live and fresh cooked lobster, fresh mussels, soft-shell clams and oysters, chicken haddie in tins, bar clams in tins, frozen lobster meat, fresh and frozen shrimp, frozen scallops, frozen crab sections, fresh fish and fish fillets

F-14 Crabby's Seafood

Wood Islands Fishermen's Wharf (Next to the ferry terminal)

Open June 12 to October 15, 12 noon to 6 p.m.

Will pack for travel

Tel: (902) 962-3228

- ❑ fresh seafood, live and cooked lobster, fish, live and cooked mussels and clams, oysters, crab and lobster sandwiches, and chowders

Seafood Information

Lobsters _____

Live

Look for some movement when handled, particularly the tail curling again after being straightened. If there is no movement and the tail hangs down, don't use the lobster. And don't forget to be careful. Look for bands on the lobster claws or you could have a nasty bite.

Cooking

First, prepare a pot of boiling salted water (25 ml/2 tbsp. of salt per litre/quart of water), using enough water to completely cover the lobster. Grasp the lobster by its back with your hand or tongs and plunge it head-first into the water. Cover and return to a boil, and then lower the heat to a bubbly simmer.

Lobster will cook in 12-20 minutes depending on the size. Smaller lobsters will cook in 12-15 minutes, while larger lobsters will require up to 20 minutes or more of cooking time. Timing should start only after the water has returned to a boil.

Whole Cooked

Fresh cooked lobster has a distinctive delicate aroma, reminiscent of the ocean. The lobster shell should be relatively firm, with a reddish orange colour. Fresh cooked lobster can be refrigerator-stored for a maximum of two days. Try to keep the lobster upside down so the flesh retains moisture.

Frozen

If you wish to freeze cooked lobster meat, remove from the shell and place in freezer containers. A brine solution of 10 ml (2 tsp.) salt per 250 ml (1 cup) water should be used to cover the meat, leaving a 1 cm (1/2 inch) head space in the container. Seal and freeze immediately.

Frozen lobster should be stored in the freezer at -18°C (0°F) or below. Never refreeze a defrosted lobster. The best way to defrost frozen lobster meat is to place the unopened can or pouch in cold water in the refrigerator overnight. This method retains maximum flavour.



Mussels

Buying

The cultured mussel is a bivalve shellfish and member of the clam family. Usually two to three inches long and bluish-black in colour, they are easily identified. On exposure to air, some live mussels may start to open; a gentle tap should cause their shells to close. Discard any mussels that do not close.

Storing

As with most fresh seafood, it is best to use mussels soon after purchase. However, cultured mussels are chilled quickly after harvest, and may be stored alive in their shells for about a week. To ensure maximum shelf life, store cultured mussels in the coolest part of the refrigerator and cover with a damp cloth or wet newspaper. Do not rinse mussels until you are ready to use.

The mussels will leak a small amount of liquid each day which must be drained off regularly or the mussels will drown. For this reason, avoid direct contact with ice.

Mussels may be kept frozen for several months either in the shell or shucked. In the shell: blanch for 20 seconds in boiling water, drain and pack in tightly sealed heavy plastic bags or containers. Shucked: Place cooked, shucked mussel meat in plastic containers with a solution of 5 ml (1 tsp.) of salt to 250 ml (1 cup) of water. Cover mussels with liquid and leave a 1 cm (1/2 inch) space for expansion.

Cooking

To steam mussels, rinse first under cool running water. Steam in a covered pot over medium heat for 7 to 10 minutes for 1 kg (2 lbs) of mussels or until the shells are wide open, and the meat comes loose from the shell. Add a touch of wine, chopped celery, carrots and/or onion for extra flavour and colour.

For the microwave, just place the mussels on a shallow pan, add 50 ml (1/4 cup) of hot water and cook at high temperature for 4 to 5 minutes for 1 kg (2 lbs) of mussels.



Oysters

Oysters can be purchased live in the shell, shucked fresh, or frozen and canned. Prince Edward Island "Malpeque" oysters are best known for their fresh-in-the-shell flavour.

Fresh oysters should have shells that are tightly closed. A gaping shell usually indicates a dead oyster which is inedible. The shells should be clean and not damaged. Keep oysters in a humid atmosphere at a temperature from 2° to 5°C (35° to 40°F). Keep the deep side of the shell down.

Oysters should not be frozen in the shell. They can be frozen if shucked and covered in their own strained liquor. Keep frozen until ready to eat, as they cannot be refrozen.

Microwave your oysters to make opening easy. "Zap" an oyster for about 10 seconds or until the shell gapes slightly at the lip. Insert a knife to separate the oyster from the shell as described below.

How to shuck an oyster:

- Shucking an oyster ideally requires an oyster knife with a short, sharp, thick blade. Wear a glove to protect your hand against the knife and sharp edges of the shell.
- Hold the oyster deep side of the shell down with the hinge toward you.
- Insert the knife between the shells near the hinge, twisting the knife to separate the halves.
- The oyster is attached to the centre of its upper and lower shells by a strong muscle. Sever the muscle's attachment to the upper shell. Lift off and discard the upper shell.

- Notes -

Your oyster is now ready to be eaten or prepared in any of a number of mouth watering recipes. They can be baked or broiled in the half shell, pan-fried or deep fried, stewed or poached. The choice is yours.

